



# Moving the Internal Matrix: Revitalizing Fascia for Optimal Health and Well-Being

*Libby Outlaw*

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## **Moving the Internal Matrix: Revitalizing Fascia for Optimal Health and Well-Being** Libby Outlaw

There are thousands of ways society advertises to get more “in touch” with your body. What popular culture leaves out is exploring the internal flow of energy and glide in your body’s bioelectric matrix. This matrix that is embedded in your fascia provides a coherent integrated information highway for the body. By gaining awareness of its pulsations of information, you can increase your ease of movement along with understanding your unique place in the greater world. Such a pure and simple awareness leads to a shift away from our emotional reactions to daily life—to a full awareness of life and our multitude of connections in the world. Author and Somatic Educator Libby Outlaw presents a groundbreaking new approach to reaching an enlightened state of self-awareness. Moving the Internal Matrix provides an easily accessible approach to body awareness through drawings, embodied explorations and current scientific research that will benefit anyone looking to improve quality of life.

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